

Field Hockey for girls



Bridgewater Recreation in conjunction with Soccer Centers presents...

Winter 2015/2016

The Dutch Training Method

Total Dutch Field Hockey Skill Classes are based on the Dutch philosophy of coaching, which is, founded on the premise that the player's ball control and tactical development will receive top priority in training. Players will be grouped according to ability to make their experience challenging and enjoyable. This unique training course of training is far beyond the static regimented training environment that most players experience today. Technical and tactical instruction will be conducted through the application of small-sided games so that players will experience a training environment that replicates the real game. Under the watchful eye of our Dutch trained coaching staff, players will begin to know WHAT to do, WHEN to do it and HOW to do it at the technical and tactical speed that is required in the modern game. Training exercises will be selected by taking into account the age and level of ability of these groups. Based on staff assessment and recommendation, individuals may be moved to high level groups with parent notification and approval. Each Skill Class is designed to help players achieve their maximum potential through progressive exercises that are age appropriate and individually and developmentally challenging. The basic method of training will focus on small side games, designed to help players improve their personal level of performance in the tactical, technical, and physiological areas of individual development.

Program director of Field Hockey Ingrid Alkhoven graded C.I.O.S. 1995; Field Hockey license B; KNHB coaching courses; played for regional select team; played for Hockey club Bloemendaal; played in National Competition (highest pro league); played ten years in the National 1st and 2nd division; Technical Director and head coach of "HC De Reigers"; assistant coach of professional club "HIC"; technical director youth program at professional club "HGC"; coached at several different clubs in the Netherlands; coached the US Field Hockey Camps; coached at several Division I college camps; coached the US Field Hockey U19 Girls Eastern Holland tour, for six years.

Three ways to register... in person at the Bridgewater Recreation Department (Municipal Building - 100 Commons Way) 9am to 5pm Monday to Thursday 8am to 5pm Friday, drop registration off in the "REC" mailbox located in front of the Municipal Building before or after office hours, or via postal service.

Field Hockey Recreation League: This program will expose the girls to non-competitive instructional games with practice sessions designed by Total Dutch Field Hockey Coaches. TD Field Hockey Coaches will work with the players during games, assisting them in learning positions and maintaining spacing. To teach the players a better understanding of Field Hockey skills and rules, creating a foundation for future growth; 30 minutes of instructional drills and 30 minutes game. **Where:** All games are played at Soccer Centers

What do you need: Stick, shin guards and mouth guard.

Age:		Day:	Starting:	Time:	Price:
7-13	8 weeks, 1 hour p/wk	Saturday	12/5/15	noon	\$165
7-13	7 weeks, 1 hour p/wk (skip 2/13)	Saturday	1/30/16	noon	\$145

Skill Classes

Field Hockey Little Sticks:

This program is designed for children between the ages of 7 and 10 and will introduce the players to field hockey. Children will be taught proper stick handling and be introduced to basic rules of the game. The emphasis will be on enjoyment with a gradual build up to small-sided instructional games.

Age:		Day:	Starting:	Time:	Price:
07-10	8 weeks, 50 min. p/wk	Saturday	12/5/15	8.00 am	\$205
07-10	7 weeks, 50 min. p/wk (skip 2/13)	Saturday	1/30/16	8.00 am	\$195

Total Dutch FH Classes:

This class is designed to teach players various Field Hockey skills. We will focus on a different skill topic every week and teach it in a step-by-step way. Topics in this class are: receiving/ passing/ 1v1 offense/ 1v1 defense and scoring. Players will be separated by skill level from beginner to experience in order to optimize their training.

Total Dutch Field Hockey I:

Age:		Day:	Starting:	Time:	Price:
10-12	8 weeks, 50 min. p/wk	Saturday	12/5/15	8.00 am	\$205
10-12	7 weeks, 50 min. p/wk (skip 2/13)	Saturday	1/30/16	8.00 am	\$195

Total Dutch Field Hockey II

Age:		Day:	Starting:	Time:	Price:
13-14	6 weeks, 1 hour p/wk (skip 12/24,12/31)	Thursday	12/3/15	5.00 pm	\$185
13-14	8 weeks, 1 hour p/wk	Saturday	12/5/15	9.55 am	\$240
13-14	8 weeks, 1 hour p/wk	Saturday	12/5/15	11.00 am	\$240
13-14	8 weeks, 1 hour p/wk	Thursday	1/28/16	5.00 pm	\$240

13-14 7 weeks, 1 hour p/wk (Skip 2/13) Saturday 1/30/16 11.00 am \$205

Total Dutch Field Hockey III

Age:		Day:	Starting:	Time:	Price:
15-18	6 weeks, 1 hour p/wk (skip 12/24,12/31)	Thursday	12/3/15	5.00 pm	\$185
15-18	8 weeks, 1 hour p/wk	Saturday	12/5/15	11.00 am	\$240
15-18	8 weeks, 1 hour p/wk	Thursday	1/28/16	5.00 pm	\$240
15-18	7 weeks, 1 hour p/wk (Skip 2/13)	Saturday	1/30/16	9.55 am	\$205

Field Hockey "Hitting":

This class will teach players the basic techniques of the drive (hit).
The mechanics of the shot will be broken down and taught in a step-by-step way.

Age:		Day:	Starting:	Time:	Price:
12-18	8 weeks, 1 hour p/wk	Monday	12/7/15	5.00 pm	\$240
12-18	7 weeks, 1 hour p/wk (skip 2/13)	Saturday	1/30/16	9.55 am	\$205

Field Hockey Passing & Receiving:

This program refines the player's techniques for both passing and receiving the ball from all directions. It will take the basic skills and utilizing pressure provide the confidence for the players to perform them in game situations

Age:		Day:	Starting:	Time:	Price:
12-18	8 weeks, 1 hour p/wk	Saturday	12/5/15	8.50 am	\$240
12-18	8 weeks, 1 hour p/wk	Monday	2/3/16	5.00 pm	\$240

Field Hockey Offensive Skills:

Players will work on different moves to go around a defender. Each week the moves build upon themselves going from basic to more advance by utilizing pressure/game situations. These way players will gain the confidence to use these techniques and moves during games.

Age:		Day:	Starting:	Time:	Price:
12-18	8 weeks, 1 hour p/wk	Saturday	12/5/16	8.50 am	\$240
12-18	8 weeks, 1 hour p/wk	Thursday	1/28/16	7.00 pm	\$240

Total Dutch Scoring:

This class is special designed for those players who like to score more goals.
We will focus in this class on all scoring skills, scoring zones and quick release on goal. At the end off this course the player will be more aggressive in the circle and will understand better ways of scoring

Age:		Day:	Starting:	Time:	Price:
12-18	8 weeks, 1 hour p/wk	Monday	12/7/15	5.00 pm	\$240
12-18	7 weeks, 1 hour p/wk (Skip 2/13)	Saturday	1/30/16	8.50 am	\$205

Bridgewater Recreation Department 100 Commons Way – Bridgewater, NJ 08807 (908) 725-6373 www.bridgewaternj.gov
Office hours 9 a.m. to 5 p.m. Monday – Thursday, 8 a.m. to 5 p.m. on Friday

2015-2016 Winter Field Hockey

checks payable to "Soccer Centers"

Participants Last Name	Participants First Name	age	DOB
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Mailing Address	Town	State	Zip
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Parents First & Last Name

Home #	Work #	Cell #
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Email Address	Class Name; Day(s); cost checks payable to "Soccer Centers"
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This can be a contact sport; injuries may occur. Please note that the Bridgewater Recreation Department nor Soccer Centers does not provide individual medical coverage for its participants. Each participant will be covered under his family's medical policy. It is recommended that families have insurance before that child participates. The Recreation Department & Soccer Centers reserves the right to cancel, alter, supplement, limit registration or change any other information.

Parent/Guardian Signature

_____/_____/_____
Date

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